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HOME HEALTH CLUB

(Edited by Dr. David H. Reeder, Chicago.)

PROGRESS IN DIAGNOSIS: It is quite probable that the greatest step forward in finding out disease conditions has been made through the careful and painstaking work of Dr. George Starr White of Los Angeles, Cal., although Dr. White has given full credit for the first discovery of the Electronic method of Dr. Albert Abrams of San Francisco.

To be able, in the very beginning of such cases, to correctly diagnose such diseases as tuberculosis, cancer, syphilis, pus formation and others of that nature without being forced to rely upon the symptoms as explained by the patient or by the observations of the physician through physical examination and laboratory tests is certainly a long step in the right direction and is almost beyond our comprehension of belief.

During the quarter of a century that I have been teaching people how to get well and how to live right I have had many letters from persons that complain of insomnia when in certain bedrooms and quiet restful sleep in others. Investigation has nearly always shown that the bed in which they could not get restful sleep was so placed that the head was toward the east while those in which they slept well was toward the west or south. The Electronic discoveries of Dr. Abrams fully explain the why and the wherefore, while Dr. White's work goes on to demonstrate why I had such great success in the treatment, many years ago, of various conditions with different colored lights. I quote the last part of an article by Dr. White published in Clinical Medicine for April.

"That colors play a very important role in the physical world no one disputes, but it was only of late that we had a way to prove easily that colors play an important part in the human economy. We will not go into this subject of color, except so far as it pertains to our subject, Electronic Diagnosis."

We think Dr. Abrams was the first one to utilize colored screens in diagnosing disease. From the impetus given by his teaching we have tried to go farther, and the following are some of our most recent observations.

We hope others will go on this great work and reveal to the profession all the facts possible relating to diagnosis and therapeutics along the lines laid down in these papers.

Yellow, as well as photographers' "safety color" seems to have an entirely different effect upon the emanation of human energy than do blue or the colors of shorter wave lengths.

We mentioned above that the right hand of a normal female and the left hand of a normal male would produce the visceral reflex under certain conditions. Now we find that the polarity of the male and female is reversed for an hour or more if either drink a yellow liquid such as tea, saffron water, orange juice and the like. If one ingests a red or blue substance, such as red beets or a blue coloring matter, immediately after ingesting the yellow substance, no change in polarity is observed.

Since having discovered the effects of the magnetic meridian upon the reflexes, we have tested a limited number of persons suffering from tuberculosis and syphilis, and find that if they stand facing due north or south no visceral reflex is obtained. In these cases we find that, if the disease be tuberculosis or a yellow or "safety" colored light shed on the bare abdomen will produce the reflex and a blue light will not. If the case be one of syphilis a blue light shed in the same way produces the reflex, while the yellow light will not. This discovery is too recent to be made the subject of a complete report now, but we mention it in order to aid others in working out diagnostic data.

In his book, "Spondylotherapy," fifth edition, Dr. Albert Abrams mentions that the sex of an unborn child can be determined by the polarity of the mother. This we have found to be true, but we have also discovered that, if the mother ingests any yellow substance, the polarity is changed for an hour or so. In testing polarity of persons, make sure that they have not eaten or drunk anything for at least five hours prior to the examination.

Reasoning from the old writings of some observers of colors, we concluded that the colored-sunlight-waves should change the reflex. We put some distilled water in an amber bottle and let it stand in the sunlight for a whole day. We then let some men and women drink a little of this amber water. Within three minutes the polarity of each person was changed, and it remained changed from one-half to two hours. This shows what an incalculably sensitive method we have at our command for diagnosing disease and observing changes in the human energy.

The "visceral reflex" of Abrams is an epoch-making discovery in medicine, and we urge all those who can so perfect themselves in this work and

thus simplify diagnosis. Eventually we hope to find new methods along these lines for curing diseases."

CLUB NOTES.

I will gladly answer all inquiries for information on health subjects from readers of this publication if same are addressed to Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill. Send full name and address with 4 cents postage.

Dear Doctor: Will you please answer the following questions? Would you advise a man 60 years of age, enjoying good general health excepting stomach trouble and constipation in a mild form, whose teeth are so bad that he cannot properly masticate his food, to have them extracted and substitute artificial ones? I should think it would be extremely painful if not dangerous to have them extracted. I have never had any teeth extracted but have several broken off at the gums. However, I seldom have toothache. I have used tobacco since boyhood.

Ans.—Decayed or partly decayed teeth are frequently the primary cause of stomach trouble as well as constipation. I should advise you by all means to go to an honest and skilful dentist and have the decayed teeth and roots removed and a good set put in. Of course, artificial teeth can never be made as good as natural ones but good artificial teeth are vastly to be preferred to decayed and infectious roots and stubs. To pain and even danger is as nothing when compared to the pain and danger of a disordered stomach and the constant poisoning of the system by decayed teeth. The ability to masticate the food properly will give you great comfort and increase your health. One of the greatest mistakes of humanity is the fear of not having enough to eat. At your age there is much more distress from an overindulgence in food than from too little being taken. A person past 50 years does not require as much food as at 10 years and all that is eaten above the amount actually required to sustain life and health is a serious detriment.

HOLLAND PREPARES TO GIVE POOR BOYS COLLEGE EDUCATIONS

The Hague, Netherlands, Nov. 14.—The University Extension movement has taken root in Holland and The Hague in the form of a "Volks," or People's University, which proposes to throw open the doors of higher education to the slenderest purse.

This movement early made its way in America, and has subsequently spread widely in Europe. The idea has been in the minds of Dutchmen for a quarter of a century, and to some extent put into practice, but it took definite and concrete form when the first Dutch "Volks" University began its courses in the capital, Amsterdam, in 1913. This institution provided a big success and the war brought it yet more students, for many of those thrown out of employment entered the university.

The Hague has now followed Amsterdam's example, and just inaugurated its People's University. Seventeen hundred students have already been enrolled.

A charter was granted to the Brompton Pulp & Paper Co., Ltd., with a capital stock of \$9,000,000.

A National Council of Economies is being organized by Mr. Clementel, French Minister of Commerce.

BAD COLD? TAKE "CASCARETS" FOR BOWELS TONIGHT

They're fine! Liven your liver and bowels and clear your head.

No headache, sour stomach, bad cold or constipation by morning.

Get a 10-cent box. In the head or any part of the body are frequently overcome by urging the liver to action and keeping the bowels free of poison. Take Cascarets tonight and you will wake up with a clear head and your cold will be gone. Cascarets work while you sleep; they cleanse and regulate the stomach, remove the sour, undigested food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels. Remember the quickest way to get rid of colds is one or two Cascarets at night to cleanse the system. Get a 10-cent box at any drug store. Don't forget the children. They relish this Candy Cathartic and it is often all that is needed to drive a cold from their little systems.

GREAT NEGRO MIGRATION DUE TO LURE OF BETTER WAGE AND FEAR

General Exodus to Northern States Threatens Industrial Life of the South—Race Finds Brothers in North Are Receiving Double the Pay of Negro in the South—Fear That They Will Be Promptly Lynched By Mobs If Ever Arrested on Suspicion of Criminality Contributes to Desire of Colored Man to Flee.

Birmingham, Ala., Nov. 14.—The negro migration from Alabama to Northern and Western states was given momentum by the activities of the boll weevil and the summer floods in the cotton district of the state. The progressive little insect, the disheartened cotton growers struck hard in Lower Alabama counties this year, and floods literally washed away crops. Negro tenant farmers were advised by their landlords to look out for themselves until spring, when a new crop can be planted.

The Birmingham mining district was asked to take care of many of the poverty stricken negroes from the cotton or black belt. It was about this time that the Pennsylvania and Erie railroads were urged to stop recruiting laborers in Georgia and Florida. The labor agents turned to Alabama at the psychological moment and did a lively business for several months, with the result that more than 60,000 negroes have migrated to the north, east and west from the state. County upon county has been almost deserted by negro men for the coal fields of West Virginia, Ohio, Kentucky and Indiana and the great industrial centers of New York, New Jersey, Michigan and Illinois.

It was the middle of September before the business men of Birmingham realized that the state was losing its negro workmen by train loads. Between 10,000 and 12,000 colored people left Birmingham.

A mild protest was uttered by local papers, but the "big howl" did not come until the recruiting agents obtained large numbers of colored men. It was believed at that time that the labor troubles of the district were over for years to come. The employers never dreamed that anybody could come in and induce their well paid negroes to quit their jobs. But the inducements offered by northern labor agents reached all classes of southern labor, demoralizing mine workers as well as others.

Law Against It.
About the middle of September attention was called to the fact that Alabama had a law prohibiting the soliciting of workmen under certain conditions. It reads:

"Any person doing the business of an emigrant agent without having first obtained a license as required by law shall be guilty of a misdemeanor and, upon conviction, shall be punished by a fine of not less than \$500 and not more than \$5,000, or may be imprisoned in the county jail or sentenced to hard labor for the county for not less than four months nor more than one year, within the discretion of the court."

Another section of the law reads: "Any person who entices, decoys or persuades any apprentice or servant to leave the service or employment of his master must, on conviction, be fined not less than \$20 nor more than \$100; and may also be imprisoned in the county jail or sentenced to hard labor for the county for not more than three months."

The publishing of this law, accompanied by an announcement that it would be enforced, served to frighten the labor agents but did not stop the migration of negroes, which was in full swing by that time.

The labor agents had travelled through the black belt and had made it known that employers in the North, wages to all negroes applying for East and West would give increased work. Money for transportation was provided for thousands of men, and train load after train load of negroes left the state by night, and no prosecutions were started.

Reasons for the Exodus.
B. A. Brown, a leading business man of Birmingham and a native of South Carolina, gave The World correspondent the following reasons for the departure from the South of so many negroes:

"First, the negro likes to rove—he is of a roving disposition—and will give up a hundred-dollar job in a mine to take a thirty-dollar one on a Pullman car, so he can ride and travel from place to place.

"Second, the negro resents the road and tax laws that negro men in counties and municipalities. An annual tax of \$5, called a street tax, is required of every man in Birmingham. A negro would rather go to jail 10 days than pay this \$5, or work it out on the streets at the rate of a dollar and a quarter a day. Such a tax interferes with what he considers is his 'freedom.'"

"Third, the fee system in cities and towns, which gives an officer so much for arresting and presenting a man for a violation of the law. For instance, a negro who is caught shooting craps does not like to pay a fine of \$5 and costs, amounting to \$10. Prohibition laws weigh heavy upon the negro from his viewpoint; he resents them."

"Fourth, the negro has been told by the labor agents that negro men marry white women and negro women marry white men in the North; pictures of negro men and their white wives have been exhibited in Birmingham. The agents also make capital of the fact that negroes attend white theatres, moving picture shows, schools and churches in the West and vote in the states in which they are invited to work."

'Started a Year Ago.
James L. Davidson, speaking for the miners of Birmingham, said that the negro movement to the North started in a small way about a year ago when the mines of Jenkins and McRoberts, Kentucky, and various places in West Virginia, sent out agents for labor. A number of negroes taken to West Virginia from Alabama became dissatisfied and returned to their old positions. Some of those returning

charged that they had been held by force in West Virginia; they were kept in stockades and given no money. The second movement, which he admits is still on in full force, commenced last April.

Mr. Davidson said a careful inquiry into the situation revealed that many of the Southern negroes went to Detroit, Akron and Chicago. Agents, he explained, would deliver the negroes as one place one day and in the course of a short while take them on to some other state for another "commission."

"There are two reasons for the success of the present movement," said Mr. Davidson. "First, the negroes' everlasting desire for a free ride, and second, the gullibility of the negro."

Mr. Davidson said that the negro is misled by labor agents who claim there is no car shortage in the mining districts of the West and North and promise steady employment. It has also been held out to negroes, he added, that they can vote and buy beer in the North.

Stories to Frighten Them.
Some labor agents soliciting negroes started all sorts of stories to frighten them. In lower Alabama, where the agents were thickest, ignorant negroes were told that the white people had decided to "drive all the negroes out next year," and their friends of the North had sent for them to prevent their being killed or driven out.

Dr. Ulysses Grant Mason, a leading colored physician of Birmingham, talked with the correspondent about the migration of the negro.

"The average negro who has accepted the offer of work in the North can't carry away trained coal diggers from the mining district. Mine operators in the vicinity of Birmingham employ 20,000 negroes, most of whom receive wages ranging from \$50 to \$100 a month.

In a contest with white union labor several years ago the operators of the Alabama mines won by employing large numbers of colored men. It was believed at that time that the labor troubles of the district were over for years to come. The employers never dreamed that anybody could come in and induce their well paid negroes to quit their jobs.

But the inducements offered by northern labor agents reached all classes of southern labor, demoralizing mine workers as well as others.

Long-Awaited Chance.
"The war has given the negro the chance he has longed for for years, and I believe he is going to make good. Negro laborers do not strike and they are first class workmen. In the North they have better schools, and their children have more advantages and his children have more advantages than he has in the South. I have received a number of letters from negroes who left Birmingham for Detroit, Chicago and other points in the North and West, and most all of them indicate that those accepting work in the new localities are satisfied. One man in particular, who was making \$2 a day here, is now receiving \$4 a day as section boss on a railroad in Illinois. There are many similar instances.

"The negroes are still leaving Alabama by the hundreds every day. The movement needs no advertising now, and if the labor agent should drop out entirely laborers will find their way to positions in the north, east and west. Those already established there are sending money for their families and friends to join them.

"The laws passed by southern states depriving the negro of the ballot have caused great unrest in Alabama and other states. The negro wants to exercise the franchise. He resents Jim Crow car laws, and other restrictions peculiar to this section.

"I haven't heard of a single instance of a negro going north to vote in the last election, but I do believe that as soon as the laws of the various states permit they will help to make more permanent Republican rule."

Fear of Lynching.
Ben Davis, a negro politician of Georgia, thinks that a number of negroes have left his state because of fear of lynching.

"When in Detroit recently," said Davis, "I saw Georgia negro carpenters making \$9 \$20 a better hour. I think the explanation of the present migration, which is growing rapidly and will, by the middle of next April, be a great exodus, is to be found in the increased wage. Yet I feel that many negroes have left because of the fear of lynching."

"There is no politics in the present movement. Negroes who left here months ago are writing back, telling in glowing terms about the money they are making and the treatment they are receiving. This information is stirring up the negroes throughout the south. Ten or twelve thousand have already left Georgia, three thousand departing from Savannah at one time.

"I believe that the migration will prove helpful to the south and the negro."

GRANDMOTHER'S MEDICINES

Our grandmothers were wise in the virtues of the herbs of the field. They used to gather them in the woods and use them to cure the ailments of their families—wormwood, thoroughwort, sage, rue, camomile—the list might go on and on of the healing plants with which they made us familiar.

Now their grand-daughters get the extracts from just such good old roots and herbs, from the nearest druggist, ready prepared for use. One such medicine, which women find best for their own ailments, the well-known Lydia E. Pinkham's Vegetable Compound.—Adv.

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GERMAN AIRMEN USING EXPLOSIVE BULLETS HE SAYS

American Aviator Fighting for France Thinks Allies Too Lenient

Paris, Nov. 14.—"It certainly looks as though the 'Boches' were after us," said a member of the American Escadrille, who is in Paris on six days' leave. "As soon as the Escadrille, composed entirely of Americans, was formed last spring and sent to Luxeuil, the Germans came over and raided the aviation field there, although the French airmen had used it as a base for a long time and had never been attacked.

"Then we were moved to the Verdun sector," this man said, "and as we had arrived at Bar-le-Duc that town was raided by the 'Boche' aviators, who dumped tons of explosive in it in the course of their half-dozen aerial attacks.

"Then a few weeks ago we were transferred back to the Vosges, and as soon as we arrived at Luxeuil again the 'Boche' aviators raided it. The very first morning we were there, mind you, although they had not dropped a bomb on the place since we had been gone," he declared.

Now it is rumored that the American Escadrille is to be shifted again. The men hope to get to the Somme front; indeed they confidently expected they were on their way to participate in the great allied offensive when they were told they would leave the Verdun sector.

"One thing is rather good news for us," the aviator continued. "That is that we now have information obtained, I believe, from a German prisoner or else found among papers in a captured German division base, that American aviators are not to be shot summarily, if they are captured.

"Heretofore," this aviator said, "it has always been understood that the

OUR NEWTOWN NEWS LETTER

(Special to The Farmer.)

Newtown, Nov. 14.—Return has been made to Oscar Fitzschler, registrar of vital statistics for Newtown, of the marriage, Nov. 2, 1916, of Homer Clark of Zoar to Mrs. Sarah Wheeler Hall of Camden, N. J. Rev. Timothy Lee of the Congregational church, officiated.

Austin E. Hurd has returned from Roosevelt hospital, and is resting comfortably at the home of his mother, Mrs. Mary Hurd, Gas street.

A. P. Smith, delegate from the Congregational church, is attending the state conference of the Congregational society at New Britain.

The regular meeting of the Grange tonight will be "Visitors' Night." A full attendance is requested as delegations from neighboring granges have promised to attend.

All the operators at the local telephone exchange, have received postals from Mr. and Mrs. R. P. Shepard, postmarked Harrisburg, Pa. Nothing definite is given as to when the newly wedded couple will return.

A dance will be given at St. Mary's hall, Sandy Hook, by the A. C. club of Bridgeport on the night of Nov. 17. Kearns orchestra will furnish the music for the evening.

John J. Northrop and other relatives in town have received the sad intelligence of the recent death of their cousin, Arthur Lamberton, of Brooklyn, N. Y.

The Taunton young folks will give an evening of song and story, Friday evening at the school house. A good time is promised all.

Daniel K. Hendrickson, formerly a Long Island Railroad brakeman, was run over and killed at Locust Valley, L. I., by a passenger train.

The National Bank of Commerce in New York will ship \$1,000,000 in double eagles to Uruguay on the steamer Hilarus, sailing November 17.

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